



151 30034 55



UNIVERSITY OF BRISTOL

MEDICAL  
LIBRARY

Restr. Med. 18





Digitized by the Internet Archive  
in 2015

<https://archive.org/details/b21442460>

A  
T R E A T I S E  
UPON  
INDIGESTION,  
AND THE  
HYPOCHONDRIAC DISEASE;  
AND UPON THE  
INFLAMMATORY AND ATONIC  
G O U T;  
WITH THE METHODS OF CURE:

Together with Observations on the Use and Abuse of the CARDIAC TINCTURE  
in the above Diseases, and full Directions for taking it in other  
Nervous Affections, in broken Constitutions, and Habits  
impaired by hot Climates, &c.

---

BY JAMES RYMER, SURGEON.

---

L O N D O N :

M DCC XC.



---

A  
T R E A T I S E  
U P O N  
I N D I G E S T I O N,  
A N D T H E  
H Y P O C H O N D R I A C D I S E A S E.

---

**T**HE *dyspepsia* of nosologists, namely, indigestion; and the hypochondriac disease, the vapours or low spirits, are distempers generally so blended with each other, and with the *atonic*, irregular, or flying gout; and also with every affection of the system purely nervous, that I have generally found the medicine here recommended mitigate the various symptoms, and invigorate the whole habit, where it was used for a due length of time in proper doses, and when the patients pursued the rules of regimen and exercise which I prescribed.

It is to be understood, when I say that *dyspepsia* and *hypochondriasis* are generally blended with the *atonic* gout, that I confine myself chiefly to persons who never, or rarely and imperfectly, have had the inflammatory affection of the joints, viz. the regular gout in the extremities: or to those who, by diminished energy of the nervous power and sanguiferous system, cannot have the gouty matter thrown into the extremities by an adequate inflammatory fit; wherefore the arthritic diathesis or disposition of the body to fits of

regular gout being too feeble, the gouty matter flies about, interrupting the functions.

To explain this, it is only necessary to enumerate the symptoms of *dyspepsia* or indigestion, and of *hypochondriasis*, and then compare them with the symptoms of the *atonic* or flying gout.

The chief symptoms of *dyspepsy* are a diminution of the appetite of hunger, loathing of food, nausea, frequent inclination to retch, or sickness at stomach, commonly in the morning, and frequently at the sight, or smell, or even bare mention of particular dishes, which, when the stomach was in proper order, and digestion and chylication were duly performed, not only had no such effect, but used to be gratifying; eructation, sour belchings, and heart-burn; fulness of the stomach, with a grumbling noise in the bowels, caused by the motion of wind or air in the intestines; gnawing pains about the region of the stomach, generally attended with costiveness; confused head-achs; anxiety and oppression at the heart, with frequent hiccups and palpitations; a sense of weariness, faintness, and aversion to motion or active undertakings; sometimes pains in the back, sides, and loins, with a general fulness of the lower belly; irregular appetites and strange cravings; also diarrhoea or looseness, accompanied with colic pains and gripings, wasting of the whole body, universal debility, relaxation, loss of tone, and flabbiness of all the muscular or fleshy parts.

In consequence of these sufferings of the body, the temper and mind are often wonderfully affected. The patient becomes peevish and touchy at mere trifles; dejected, timid, distrustful; bereft of hope as to his cure, and future events; with aversion to society.

In *hypochondriasis*, besides the foregoing symptoms of indigestion, the patient has sometimes an unusual flow of saliva, with various spasms, cramps, and pains about the chest, shoulders, and back. The mind and temper are generally more affected by whim, fear, despondency, and apprehension of a thousand horrors and evils; disturbed sleep, dreadful dreams, tossing and watchfulness during the night. The patient shall be out of temper at times without cause; and at other times he shall manifest all the goodness of human nature. In some cases, persuasion is ineffectual to remove the expectation of a variety of evils which may never come to pass,



If we compare the principal symptoms of these diseases, and the methods of cure, we may discover a striking resemblance: for in the *atonic* gout there are commonly very marked symptoms of hypochondriasis; as dejection of spirits, seriousness, timidity, distrustfulness, fickleness, caution and care about mere trifles, sourness and rudeness to inferiors, want of kind attention and good breeding to equals, with indifference and shyness to strangers; all the great powers and generous passions of the mind being subdued by the influence of melancholy, and the conception of evils fantastical and groundless; shadows and non-entities being represented to the mind as serious realities, and magnified into the most important concerns.

Such a miserable state of mind deserves our sincere commiseration; and our best offices and abilities should be exerted to palliate and remove it. The patient should reflect and consider, that there is no possible object, or subject of thought, worthy of so much wretchedness; and that the spirit of *Christianity* and *true* philosophy will always enable us to be superior to finite evils. It ought to be a great consolation, that although the sufferings of the patient be very distressing, yet the danger is not great; and that his cure depends as much upon his own conduct, as upon the attention and skill of his physician.

It is not unworthy of observation, that hypochondriacs often possess the best rudiments of health and longevity, notwithstanding the apparent flimsiness and craziness of their constitutions: and that, when in good humour, many will not only excel in vivacity and sprightliness of fancy, off-hand wit, aptness and rapidity in arranging their ideas; but often raise our admiration by their abstruse thoughts, depth of understanding, and the coherence and solidity of their arguments.

*Dyspepsy*, or indigestion; the hypochondriasis, or low spirits; and the *atonic*, or flying gout, appear more generally among men of learning, genius, and property, whose minds are frequently upon the rack of thought, than among the illiterate, the stupid, and the indigent, who seldom experience the fatigue of study, the labour of reflection, or any cares but such as are necessary for the supply of the present moment.

And even among persons of the first description, those who are

possessed of fine sensibility, and irritability, of great vivacity, spirits, and ready wit, are more liable to these diseases than those who appear on all occasions easy, careless and unconcerned, who have no humane and tender feelings, and upon whose hardened hearts the distresses and calamities of human nature make no impressions.

Intense thinking, or the labour of the mind, therefore, which exhausts the finest spirits, while the body remains inactive, and the muscular system relaxed, must be a powerful remote cause of hypochondriasis, &c.

The passions of hatred, envy, malice, love, fear, jealousy, anger, immoderate care, grief, troubles, and disappointments, study, night-watching, close application to business requiring deep thought; excess in venery; excessive drinking of warm watery fluids; frequent intoxication, and immoderate and sumptuous meals; a sedentary, inactive, and indolent life, contribute likewise to the production of these maladies, and ought carefully to be avoided.

It is to be observed, that the temperature and gravity, or spring of the air, and its dryness and moisture, have wonderful effects upon hypochondriacs. Those who are not conscious of this, and who pay no attention to the changes and feelings which take place in their bodies, at the rising and falling of the mercury in the barometer, and by particular winds, are apt to attribute their sufferings either to the nature of their own distemper, to their own conduct, or to the want of attention, management, and skill of their physician.

As it is not to be expected that every person can have philosophy and self-denial enough to abstain from all the remote causes of indigestion and hypochondriasis, so a complete cure may be doubtful. But if the patient follow the advice I here give, and continue to take the remedy according to these directions and rules, he may depend upon enjoying a far better state of constitution than he at present possesses.

In *dyspepsia* and *hypochondriasis*, besides the derangement of the nervous functions, the liver and spleen are disordered; the stomach and intestines have lost their natural tone and energy; the peristaltic or propulsive motion of the alimentary canal is greatly diminished and weakened; the office of digesting the food, so as to produce  
bland,

bland, nutritious chyle, is imperfect : and from this loss of tone and energy in the stomach and intestines, the liquor or ferment of digestion in the stomach is so changed, and become so peculiarly acid, that, instead of disposing the aliments to dissolve and digest into animal nature, it very evidently throws them into a kind of vinous or acetous fermentation ; in which process a great quantity of fixed and other air is separated ; and, remaining still hard and undigested, nature, considering them as extraneous substances, brings on nausea, or sickness, to eject them by vomiting ; or, if such *ingesta* pass from the stomach into the guts, from the loss of tone, want of proper stimulus, and from the diminished energy of the peristaltic motion of the intestines, they become a mere load ; and it is often long before they can make their way to the natural outlet. During their passage from the *pylorus* to the *anus*, not being disposed to mix with the solvents of bile and pancreatic juice, they yield very little nourishing chyle ; and fermenting in an unnatural way, the bowels are filled and distended with air continually evolving from them, till their expulsion. In such a case, to ease the patient of his sufferings, if no looseness occur, it becomes necessary to administer vomits and purges, or clysters ; by the repetition of which, the whole alimentary canal becomes insensible to every common stimulus ; so that, without strong emetics, drastic purges, and very stimulating clysters, the patient can have neither comfort nor stools ; and thus, the body being deprived of its due nourishment, and the brain and nerves of spirits, the patient becomes emaciated, miserable in mind and body ; and, too frequently recurring to the last wretched resource, intoxicating liquors, and inefficacious cordials, finally sinks under the pressure of his afflictions.

It is to be noticed, that all the symptoms I have enumerated never take place at one time, in any one person.

### The C U R E.

If sickness at stomach, and retching, or vomiting, be the principal symptoms, with a want of appetite ; and if these have been of long duration, or the consequences of repeated excess, it might be necessary to cleanse the stomach by drinking chamomile tea, or by an emetic ; but many persons, averse to emetics, prefer one of the



detergent pills at bed-time, which always evacuates any offending load the following day; after which, every morning, an hour at least before breakfast, let the patient take one, two, or three tea spoonfuls, or half a table spoonful, of my Cardiac Tincture, in a glass of cold water; then, if the weather and other circumstances admit, let him take a walk, and return to breakfast. After which, let him use that kind of exercise which not only employs the body, but engages the attention.

For which reason, travelling in general, as it affords a variety of new and curious objects, and diverts the mind from infirmities and bodily sufferings, is always useful.

Every day at noon, or an hour or two before dinner, I advise the patient to take two tea spoonfuls, or half a table spoonful, of the Tincture, in a glass of cold water.

At dinner, let him eat heartily, if so inclined, of any joint or dish upon the table. He must abstain from pastry, all sweets, and new beer. He should eat more of animal, and less of vegetable food. Of bread, made of coarse flour, which must be thoroughly baked, he ought to eat but little. He may either abstain altogether from vegetables and fruit, or eat a small quantity of such as he finds to be of easy digestion. Crude or raw apples, eaten after dinner, disagree particularly. Crude apple in dyspepsy is so refractory that it will hardly digest. The *brassica* and spinach well boiled and peppered, with very little butter, are proper. Of new cheese, very little; but good old strong mity cheese may be used with advantage. His drink, during the meal, may be good beer or fair water, with a toast. Every thing he eats must be thoroughly chewed.

After dinner, he may, if he choose, drink three or four glasses of some generous wine; or punch; or rum, brandy, or gin, mixed with water; the proportion may be one glass of spirits to four glasses of water. It may be proper to remark, that gin and brandy are artificial, modified, or adulterated spirits. The only genuine unimpregnated spirit, that I know of, is rum, which, when of a proper age, I believe to be the most salutary of all others.

At six or seven o'clock in the evening he may drink tea, or some coffee; the black tea, as congou or fouchong, will be best: perhaps cocoa, or chocolate, may agree better. Green tea is hurtful; and indeed

indeed every tea, as having a noxious sedative quality, is injurious in dyspepsy and atony.

His supper should be light: he may eat, if so disposed, of any proper thing there may be at table. He should prefer toast and water for his drink; but if he be fond of malt liquor, he should seldom exceed a pint of the best and clearest old porter, which should by no means be stale and hard. This advice, however, may be regulated and varied according to the established habits or custom of the patient.

After supper, if he wish for something, let him drink a glass of rum and water, punch, or good wine.

When he goes to bed, if he should be uneasy at stomach, and restless, in consequence of wind, hiccup, and heart-burn, let him take one or two tea spoonfuls or more of the Tincture, in a glass of water, adding one or two tea spoonfuls of magnesia.

Convulsive hiccups often being symptoms of a foul stomach, always very distressing, and often preventing rest, I give emetics often with great success. One or two ounces of ipecacuanha wine, or from half an ounce to one ounce of the antimonial wine of the new London Pharmacopœia, taken in a cup of camomile tea, answers very well, working it off with a basin of the same tea repeated occasionally. But this relief, while atony remains, is only temporary: it is merely removing the effect of a cause. To destroy the cause, one table spoonful, or more, of the Cardiac Tincture, taken in a glass of cold water, or camomile tea, fasting, at noon, and after dinner daily, seldom fails.

The day following he ought to proceed as before, and persevere in such a plan of temperance, moderation, exercise, and amusements, till he shall have acquired a better state of health, when he should commit no excess. Let no argument, or notion of complaisance, prevail upon ailing persons to break through rules of temperance, upon which health so immediately and invariably depends. Convivial happiness ends the moment excess begins. His exercise should never be carried to such a degree as to induce fatigue or a sense of weariness; and his amusements must be of that nature which shall produce cheerfulness and rational mirth, taking care never to be altogether idle, and in a state of *ennui*; that is, never to be so thoroughly

roughly vacant and lost as to have the *fidgets*, and not to know what to do with himself, or how to spend his time. Whenever that mental excitement called vapours, restlessness, *fidgets*, occurs, let the person take one or two tea spoonfuls of the Tincture in a cup of rue tea, or in a glass of water. This excess of irritability may be frequently removed, and the spirits composed by a draught of porter, a glass of wine, or punch, or other cordial draught, which settles the irregular mobility of the nervous influence, and causes a more equal distribution of it throughout the system.

Every time he shifts himself, let him have his body well chafed and rubbed by a stiff flesh-brush, till he feel an universal glow.

If costiveness prevail, with head-ach, giddiness, and yellow skin, let the patient take one detergent pill at bed-time, before he begins with the Tincture, and then proceed as above.

That kind of food which yields much nourishment, and is easy of digestion, as animal, is always to be preferred, because of such aliment a less quantity will suffice, and the stomach will not be loaded, nor the bowels distended with air. Animal food in the atonic state of the stomach, by very readily entering into the digestive or animal fermentation, is soon assimilated; but much fat must not be used.

He must never add another meal to one yet undigested. Of all absurdities and evils, in relation to the above diseases, none are greater and more injurious than eating unseasonably when one is not hungry, and drinking when one is not dry. There must be no drinking between meals; no relishes nor gills of wine before dinner; such a habit is pernicious.

Cold bathing, as it strengthens and braces the whole body, may, in some cases, be very beneficial. But the warm bath agrees best with the lean and rigid.

Persons who are habitually costive would do well to take occasionally, at bed-time, three or four of the following pills, which will work off the next day.

Rx Aloes Socotor.

Pulv. Jalap.

— Zingib. aa ʒ i.

Sapon. Hispan. aa ʒ ii.

Syr. q. f. ft. Pil. No. 48, vel 60.



Some patients will find it requisite to take more of the above pills every night at bed-time; and immediately after them, he should take half a table spoonful of the Tincture, more or less.

I judge it essential to inform the public, that many symptoms analogous to those of the purely nervous *hypochondriasis*, I have observed to be evidently consequences of *plethora*, plenitude, or fulness of the sanguiferous and vascular systems: as confused head-achs, with noise and ringing in the head; heaviness, giddiness and stupor upon sudden motion; sighing, anxiety, and oppressed respiration; fluttering, palpitation, and breathlessness upon walking fast, or upon an ascent, or from sudden surprise; oppression and fulness after hearty meals; general and most uncomfortable throbbing; or pulsation of the arterial system; heat, sense of fulness, inflammation and swelling of the eyes and eye-lids: at times, chilliness succeeded by heat and thirst: in the morning, a nasty taste in the mouth, with dryness, clamminess, and desire to retch, or nausea. Occasional languors, sinkings and low spirits; sense of weight and debility of the whole body, with restless nights and unpleasant dreams. If such complaints take place in persons who make hearty meals, and digest well, I advise them, in proportion as they value health, to live moderately and abstemiously; or preserve the balance between the phlogistic and atonic state by due evacuations. And as a good medicine for inflammatory *diathesis*, let every such person take a pinch or *prize* of purified nitre in powder, in a glass of water, fasting: and at dinner let him dissolve four or five pinches of the same cooling and most salutary salt, in about half a pint of water and toast: if he drink two half pint goblets of toast and water at dinner, three *prizes* or pinches of nitre may be enough in each. If the patient be of a very inflammatory habit, and labour under the above symptoms, let him use the nitre in the same manner at tea and at supper. By one pinch or *prize* of nitre, I mean ten or twelve grains. It will be convenient to have the nitre ready in a little bottle or wooden box, holding half an ounce or so in powder, to be carried in one's pocket. For the removal of the above complaints, abstemious living, and nitre thus used, will be found preferable and safer than to establish habits of phlebotomy. Also, to remove plethora and moderate the phlogistic

diathesis,

diathesis, or the too high tone and contractility of the system, take from two drachms to half an ounce of soluble tartar, or Epsom or Glauber's salts, dissolved in half a pint or more of warm water in the morning fasting, twice or thrice in the week; and now and then, at bed-time, a febrifuge pill.

Very lately, in some cases of the *typhus nervosus*, *typhus putridus*, or the slow, nervous, putrid, malignant, petechial fever, I had remarkable instances of the good effects of this Tincture, as a *cordial*, and antiseptic, and antispasmodic, and diaphoretic. One patient was a young gentleman. After having treated the fever in the usual manner, with gentle emetics, diaphoretics, sudorifics (during 15 days no *diaphoresis* or sweating could be produced), antispasmodics, blister, and antiseptics, without success, I sent for Doctor Clerke of Epsom. The symptoms at this time were the following: tongue (formerly white and moist) black and parched; teeth and lips furred with a black gluey kind of matter; delirium, coma, with sudden startings, restlessness, *subfultus tendinum*, picking and searching about the bed-clothes, with tremulous hands; skin as from the beginning, dry and hot, with, at times, great degrees of flushings in the face; quick and oppressed respiration; pulse 130 in the minute; great debility and faintness, with at times retching and hiccup; urine and stools discharged involuntarily. It appeared to Doctor Clerke, and I was also of the same opinion, that the patient would not recover. The Doctor prescribed skilfully and judiciously; and as I had only applied a blister to the back, Doctor Clerke ordered one to be applied upon the head. But notwithstanding all that was done, the patient became worse, and could not retain the prescribed medicines; wherefore I tried the following draught:

R Tinct. Cardiac. ʒij  
 Aq. Commun. ʒi.  
 Vin. Antimon. gutt. xv.  
 Sal. Nitr. pur. gr. x.

M. ft. haust. 2da quaqu. hor. sumend.

This draught he kept down; and from this time he became better, the vomiting ceased, the delirium abated, he slept and was refreshed: pulse 100. Having taken several of the above draughts, with very evident benefit, I gave the Tincture in the decoction of bark, in the  
 pro-



proportion of ʒij to ʒis every four hours. The patient recovered. —In recovering he had no speech, nor action of the muscles of the thighs and legs for several days. The senses and faculties of the mind seemed to be very much impaired, so that he continued for many days peevish, childish, and in a state of fatuity, with a voracious appetite. He was very much wasted; and in particular, the muscles of the thighs and legs, the flexors whereof were contracted for many days. For the information of professional gentlemen, I shall add, that in the latter stage of this fever, where delirium, want of sleep, vomiting, hiccup, startings, &c. were the principal symptoms, I have with very great success applied a cataplasm of camphor, opium, assafoetida and soap, to the blistered back and head,

*Rules for taking the Cardiac Tincture in particular Cases.*

In nervous head-achs, accompanied with complaints of the stomach and bowels, if costive, take three or four of the opening pills as above, at bed-time, and one or two table spoonfuls of the tincture, in a cup of camomile tea. The pills will procure some stools the following day. Take the tincture every morning fasting, and again an hour before dinner, every day. In all cases of nervous head-ach, with noise in the head, it is essential to keep the body open, wherefore repeat the pills occasionally. Live regularly and temperately.

*For faintings, sinkings, low spirits, languor and debility,* let the patient take (in proportion as he or she can bear wine, &c.) one or two table spoonfuls, or half a table spoonful, according to the urgency of the case, to be repeated occasionally, either unmixed, or in a glass or cup of any drink. To remove the above complaints, take one or two spoonfuls or more every morning fasting, and about an hour before dinner, every day.

*For wind in the stomach and bowels,* take the tincture at any time when the stomach is most empty, and continue the use of it fasting and before dinner, every day. If costive, by way of a proper purge in this case, take three or four of the opening pills, as above, and a little tincture after them at bed-time, in camomile tea.

*For the nervous colic, or dry belly-ach,* take for four hours half a table spoonful every hour, in half a pint of camomile tea, until the agonies abate. Give some aperient, nervous, pills, as above, at bed-time,

*For bilious sickness and gripings*, take one of the detergent pills at bed-time, once or twice in the week, and the tincture an hour or two before dinner, every day : or, if the case be not strictly bilious, take three or four of the opening pills, and one table spoonful, or half a table spoonful of the tincture, at bed-time, in a large cup of camomile tea. The pills to be repeated occasionally ; and the tincture to be taken twice every day ; in the morning fasting, and about an hour before dinner.

*For heartburn*, take one table spoonful or more in a cup of camomile tea, and add a large tea spoonful of magnesia, occasionally. But the weakness of the stomach occasioning heartburn will be cured by the daily use of the tincture in camomile tea.

*For tremors and paralytic affections*, take one table spoonful every morning fasting, and an hour before dinner, every day. When costive, take some of the aperient, nervous, pills at bed-time, with a little of the tincture after them.

*In the declension of life, in broken constitutions, and in cases where the health has been impaired by climate, &c.* take a proper dose of the tincture in camomile tea, twice or thrice in the day ; viz. early and fasting, at noon, and at bed-time. Or, if the tincture keep the body open, take it once in the day before dinner ; if costive, take a few of the pills occasionally at bed-time ; or take two at night, and one or two next morning, with some of the tincture after them.

In the Indies, and other hot climates, in every case of nervous debility, muscular and vascular relaxation, attended with faintness, sinkings, languor, and loss of appetite and spirits, and in all low nervous, putrid, and contagious fevers, the patient will reap essential benefit from the use of this tincture.

The Cardiac and Nervous Tincture is prepared and sold by Mr. Rymer, at his house in Reigate, Surrey. As the great success and reputation of Mr. Rymer's Cardiac and Nervous Tincture may excite fraudulent persons to counterfeit it, he prays the public would not purchase it of any person who is not authorised by himself, under his own hand-writing, to sell or vend it. Upon every bottle is a label signed by Mr. Rymer.

If any person shall offer to sell any bottle or composition, declaring the same to be Mr. Rymer's Cardiac and Nervous Tincture, with-

out having written authority to do it from Mr. Rymer, signed by himself, the said bottle is a counterfeit. Information of this will be handsomely rewarded by Mr. Rymer.

If any person shall copy, imitate, counterfeit, or forge, Mr. Rymer's hand-writing, or name, upon any label, wrapper, paper of directions, or inclosure of any bottle, purporting the same to be Mr. Rymer's Cardiac and Nervous Tincture, in order to impose upon the public, and to defraud Mr. Rymer, for his, her, or their emolument, it is felony.

---

OF THE

NATURE AND SYMPTOMS

OF THE

G O U T.

---

**T**HE Gout is a disease which sometimes appears in a regular, and at other times in an irregular manner.

The first is the inflammatory gout: the second is the atonic, anomalous, or flying gout. The inflammatory gout of course occurs only in vigorous, phlogistic persons, whose fibres or solids are in full tone and contractility, and in whom the inflammatory diathesis and plethora prevail. There is an affinity between this gout and that paroxysm of fever affecting particularly the head and stomach, which abates upon the appearance of erysipelatous inflammation of any part, as the leg, &c.

A fit of the regular gout is generally ushered in by chilliness, yawning, shiverings, anxiety, nausea, sickness at stomach, debility, drowsiness, stupor, confused head: and these are often followed by full, quick, hard pulse, and burning heat, with thirst, and aversion to food; then pain in some part of an extremity, as the foot, most commonly in the first joint or ball of the great toe. The feet and legs feel uncommonly cold; there is a sense of pricking, and numbness, with swelled full veins, and cramps: the stomach is generally more or less out of order, attended with a sense of weariness and languor, wind, loss of appetite, and other marks of indigestion.

The pain in the foot, at the beginning, is often accompanied by a coldness, and creeping sensation or shivering all over the body, or

in



in particular parts only; and as the pain becomes violent, the last symptoms vanish, and are succeeded by symptoms of fever, which continue generally till the crisis, which most frequently happens about the middle of the following night after the attack; at which time, if a breathing sweat succeed the remission of the pain, and the patient fall asleep, he generally awakes in some degree of comfort; and the part affected by gouty inflammation will look red, and be swelled for a few days, accompanied, notwithstanding, in the evening, by some degree of pain and fever, till the fit be quite gone.

Thus it is in a simple paroxysm of the Gout. But in the regular Gout also the affliction of the patient is oftentimes very sad indeed. For as it goes from one foot, the other shall be frequently attacked; and when the second gets well, the first shall again suffer. The changes of pain are wonderful in the Gout. Sometimes every joint shall be affected, and many joints at the same time.

In the progress of this disease, and as the patients become aged, the *regular* often degenerates into the *irregular* Gout; the fits being less marked by inflammatory affection of joints, and the internal organs suffering more.

The chalky-like substance formed in gouty parts appears to be produced by the arthritic inflammation of joints. As pus is produced in phlegmonic inflammation, so a matter, which when dry is like chalk, may be peculiar to gouty inflammation; or possibly, nay probably, it is an exudation of noxious matter: and some would say that the inflamed part is a secretory organ producing such matter.

In the irregular Gout there is seldom any regular inflammatory affection of the joints. The gouty disposition prevails generally throughout the body, without shewing itself in local inflammation.

The chief symptoms of the irregular or flying Gout are belchings, sometimes sour; breaking of wind, or eructations; hiccup, anxiety, sickness at stomach, loss of appetite, and other signs of indigestion. There is a dull dejecting kind of a pain about the pit of the stomach; also peculiar pains, and cramps or spasms, in various parts of the body; and there is a sense of fulness of the stomach and bowels, which discharges of wind or air in a great measure, and for a time, relieve.

The body is often bound, and at times there will be a looseness, with colic pains and gripings.

In the irregular Gout there are also sometimes symptoms of palsy and apoplexy, head-achs, and vertiginous affections. When oppressed and laborious breathing, with fainting fits and palpitations, occur, there is sufficient cause of alarm: but, as in the hypochondriasis, when there is no shadow of danger, so in irregular Gout there is oftentimes great fear, despondency, and dread of death.

In the irregular Gout, the nervous system seems to be especially affected; the functions, both animal and vital, are disturbed, and the powers of life universally weakened.

The irregular Gout occurs generally after the age of forty years. In some cases, it appears more early.

It is said, and in compliance with the received opinion, I have in the former editions likewise said, that a person in vigorous health, born of gouty parents, by a spare diet, that is, a diet of vegetables, with, at times, milk, butter, cheese, and eggs, the latter sparingly; by great self-denial in respect of animal food, Bacchus and Venus, who shall drink pure water, or fine weak fermented liquors, instead of wine, spirits, and intoxicating drink; and who shall, in youth, enter into habits of daily muscular action, adopts the best means to avoid the gout. But I am now led to qualify this prevailing notion, by observing, that I have much reason to consider the regular Gout as a salutary operation of the human œconomy to free the system from noxious matter. By a fit of the gout the high tone and contractility of the system is reduced to a proper standard, and the phlogistic gouty diathesis removed for a time. Wherefore, at the commencement of a fit of gout, nature must not be checked in her operation, by bloodletting and other great and debilitating evacuations. At the very beginning of a paroxysm, a gentle antimonial emetic is a proper thing; then the patient should go to bed, and endeavour to get into a breathing sweat, by being duly covered, and drinking frequently a basin of warm, bland, thin drink, with just so much antimonial wine in each as shall cause nausea, without vomiting. Wherefore, in health, instead of the above diet, I freely recommend the proper use of animal food and wine. The effects of an abstemious or over-temperate manner of living are generally,

where

where there is no disease, more distressing and injurious than any which can arise from the proper use of the common diet of a gentleman.

No person already subject to the Gout in advanced years, or in the decline of life, should pursue the above plan; particularly if he have been accustomed to free living. The diet of such a person ought to be rather full and stimulating, than low, spare, and watery.

In respect to the quantity and quality of drink and food, no standard, in my opinion, can be given. Every one subject to the irregular Gout, I will suppose to be at that period of life when the judgment and understanding are capable to determine the propriety of his own actions: he will know of what and how much he should eat;—and, if he be apprehensive the Gout is flying about him, he will endeavour to divert it from the head and stomach, from the chest and belly, by living upon a seasonable diet, diluted after dinner and supper by a due quantity of generous wine; or, if wine sour upon the stomach, by a proper mixture of brandy and water, rum and water, or other ardent spirit and water. He will not give way to melancholy, but will recur to cheerful company; he will avoid close application of the mind to any object of study; he will keep the whole body, and especially the feet, very comfortably warm; and if able, he will, if the air be neither moist nor too cold, walk a mile or two, or use other exercise in a due degree before his dinner; at which meal he will abstain from vegetables and fruit, from fermenting liquors, and eat but little of bread; because in the present state of his stomach, such things are rather indigestible and flatulent, and apt to enter into the acetous, instead of the animal fermentation.

By the above means, if there be vigour enough in his constitution, a regular fit of the gout may be brought on: but if these fail, and the vital and animal powers flag and lose energy, recourse must then be had to medicine: and in this place, I confidently recommend the Cardiac and Nervous Tincture, as the safest, the most effectual and successful of any medicine hitherto discovered.

Of late, several persons of high rank, aged above fifty, whose regular Gout had become retrocedent and atonic, by taking this Tincture fasting, at noon, and after dinner, in a glass of water, or

camomile tea, have again had regular and generous fits in the extremities; by which means the stomach, head, &c. were greatly relieved, and better health induced.

In the irregular or flying Gout, it will be found to be an invaluable remedy, by increasing the energy of the nervous and sanguiferous systems; strengthening the tone of the stomach and alimentary canal; removing cramps and spasms, and by moderately opening the body; by which means all the symptoms will be vanquished, or a regular fit will be sometimes brought on, and the disease thereby removed for years.

For persons afflicted with the atonic Gout in the stomach, head, &c. who have been in the habit of living upon a full diet, and drinking a cheerful glass, the dose may be one or two table spoonfuls, twice or thrice in the day; viz. the first dose in the morning early, the second an hour or two before dinner, and the third dose at bed-time, in a glass of cold water, camomile tea, brandy and water, or Madeira and water.

The quantity and times may be varied according to the urgency of the symptoms, the constitution, age, and habits of the patient. But from much experience I find that in the atonic Gout a full dose is most successful, and that the hopes of many persons have been disappointed from the smallness of the dose.

For women, and men who lead sober lives, the dose may be only half a table spoonful at the above periods; but the dose and repetition thereof must depend much upon the judgment and discretion of the patient, or of persons about him.

In the regular inflammatory Gout of the joints, this medicine is not to be used; unless in case of its backwardness or retrocession, with pure symptoms of the irregular Gout affecting the stomach, the head, or thoracic viscera; when it may be used with discretion, to hasten the fit, or reproduce the regular paroxysm.

In old age, or in the decline of life, if the regular Gout be accompanied by affections of the stomach, the use of this remedy will be highly proper and beneficial.



*Of many Certificates concerning the virtue and efficacy of  
Mr. RYMER's Cardiac Tincture, the following are  
a few:*

Reigate.

I do hereby certify, that in the month of October last, 1784, when I was very much troubled with wind in my stomach and bowels, attended with great pain and violent convulsive hiccups, which hindered me sleeping at night, I was greatly relieved from those complaints (which I believe to have proceeded from a gouty humour flying about me) by the advice and assistance of Mr. Rymer, the Apothecary at Reigate, and particularly by taking a reddish Tincture which he sent me, and in the course of about ten days was entirely cured of them.

From Francis Maseres, Esq; F. R. S. Curstitor Baron of the Exchequer.

FRANCIS MASERES.

To Mr. RYMER.

S I R,

Bayley Park, Suffex.

I cannot conclude this Letter without expressing myself very highly in favour of your medicine, the good effects of which both Mrs. Fuller, myself, and my Butler (who has repeated gouty attacks) have frequently experienced.

I am, Sir, your very humble Servant,  
J. DRAYTON FULLER.

To Mr. RYMER.

S I R,

Gravesend.

I have found great benefit from your Cardiac Tincture. It has entirely removed the shootings at the extremity of my tongue, and taken away the quantity of wind that used to oppress my head and bowels; and removed the spasms and little convulsions so frequent in various parts of my body. I recommended the Cardiac Tincture to Mr. Thomas Dundas, chief mate of the Henry Dundas, an East-India Ship, which entirely relieved him from a bilious complaint, with sour belchings and nausea in the morning.

I am, Sir, your most humble Servant,  
PENDOCK NEALE.

From Mr. Pendock Neale, at Gravesend, Kent. See Mr. Neale's case and letters at length in the introduction to Mr. Rymer's Pamphlet on the Cure of Scrofula, Scurvy, Leprosy, &c. Evans, Paternoster-row.

I employed Mr. RYMER as Surgeon and Apothecary for several years prior to his preparing and publishing his Cardiac Tincture, during which time I entertained, and still entertain, the highest opinion of his professional abilities: since he first prepared the Tincture, I have taken it several times for a bilious complaint, and experienced great relief from it.

From William Robinson, Esq; Reigate, Sept. 4, 1790.

W. ROBINSON.

To Mr. RYMER.

S I R,

I took your Cardiac Tincture for a fortnight in my stomach complaints and indigestion, and finding myself in very good health, have no doubt but I received benefit from the Tincture.

I am, Sir, your humble Servant,  
THOMAS ADDERLEY.

To

To Mr. RYMER.

S I R,

I have the pleasure to acquaint you that my gouty and bilious complaints are infinitely better since I took your Cardiac Tincture.

I am, Sir, your most obedient Servant,

From J. Harris, Esq; Hertford-street.

J. HARRIS.

To Mr. RYMER.

S I R,

For some years past, when the gout attacks my stomach or head, I have found much benefit from your excellent Tincture, which always eases me, and generally drives the gouty humour from the body into the hands or feet, thereby relieving me from great distress and danger.

I am, Sir, your most humble Servant,

From Thomas Scot, Esq; Exeter.

THOMAS SCOT.

To Mr. RYMER.

S I R,

Having laboured under loss of appetite, wind and indigestion, and great weakness, my complaints were quite removed by the use of your Tincture.

I am, Sir, your obliged humble Servant,

From Mrs. Cooper, Windmill-street.

ANN COOPER.

To Mr. RYMER.

S I R,

When at Bengal, I and many of my acquaintance, labouring under the bilious remittent fever, used your Cardiac Tincture with very great advantage. Please to send me six pint bottles of it, in a box, properly packed.

I am, Sir, your most obedient Servant,

From Mr. Johnson, No. 11, Berners-street.

WILLIAM JOHNSON.

To Mr. RYMER.

S I R,

My nervous tremors and sinkings, and all my stomach complaints, are considerably better from the use of your Cardiac Tincture.

I am, Sir, your most humble Servant,

From James Knight, Esq; York.

JAMES KNIGHT.

To Mr. RYMER.

S I R,

My complaints, namely bilious retchings and gripings, with heart-burn, wind and hiccups, little or no appetite and indigestion, were all removed by the daily and occasional taking of your Tincture, which I found far superior to any medicine I had before used in those complaints.

I am, Sir, your obedient Servant,

From John Hotham, Esq; Ditton.

JOHN HOTHAM.

To Mr. RYMER.

S I R,

By taking your Cardiac Tincture mixed in treacle and milk, according to your directions, the disorder in my liver, the yellowness of my skin, and dropical swellings in my legs, are entirely cured; and I now enjoy a good appetite, and regain my former strength.

I am, Sir, your obliged humble Servant,

From Mr. Adams, Bristol.

JOHN ADAMS.











